U.S. National Stage of I. A. No. PCT/GB 2005/000141 I. A. Filing Date: 19 January 2005 Attorney Docket No. 125795.00101

IN THE ABSTRACT:

Please substitute the Abstract with the Abstract attached as an Appendix.

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APPENDIX

ABSTRACT OF THE DISCLOSURE

A seal for inter alia a stuffing box of a gland, the seal having an aperture through which lubricant can pass and at least one track detachably secured to at least one surface of the seal.